

CLAIMS

I claim:

1. A visual golf training aid comprising:

- a thin transparent plastic lens allowing a low level of light transmission;
- five narrow cut lines in one horizontal plane allowing complete light transmission;
- four narrow cut line in two vertical planes allowing complete light transmission.

2. A visual golf training aid described in claim 1 in which:

- the five horizontal cut lines, when in use, comprise a single horizontal sight guide used to perceive a shot line, align body and feet, maintain a straight club swing;
- the four vertical cut lines, when in use, comprise a single vertical sight guide used for club face alignment.

3. A visual golf training aid described in claim 2 in which:

- the intersection of the single horizontal sight guide and the single vertical sight guide create a center focal point used to maintain proper head alignment.